SEXUP

FEBRUARY- AUGUST 2019

BIG BUTT

STEP UP YOUR PARTY SEXUP

SEXUAL

10 SEXUP HACKS EVERY GIRL SHOULD KNOW

Reshaping can create the look you want

Breast augmentation can enhance the natural size and shape of your breasts

Smart technology is everywhere, steadily transforming our world into a better place. But body contouring has been stuck in the past. Until now.

Non-invasive laser body contouring is a giant leap forward that helps you achieve a slimmer, more natural-looking appearance.
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I can't think
of any better
representation
of *beauty*
than someone
who is *unafraid*
to be herself.

STEP UP YOUR SEXUP

WITH THE FESTIVE SEASON JUST AROUND THE CORNER, WE'RE DISHING OUT SOME HANDY MAKEUP TRICKS TO KEEP YOU LOOKING FIERCE, FABULOUS AND OH SO FINE!

SEXUP is for Sexual Makeup

“

There’s so much to learn about makeup and beauty even we find ourselves a little overwhelmed at times.

But whether you’re a master of the liquid liner or a beginner who’s still figuring things out, our step-by-step guide to powering up your party face is guaranteed to have you dazzling on the dance floor come New Year’s Eve.

Eyes on the prize

An easy way to glam up a bare eye is to intensify your look with eyeliner. If a smouldering style is what you're after, use an eyeliner pencil around the entire eye and on the inner rim.

Transition this look into a smokier style by smudging the eyeliner using a crease brush. For a sharper finish, use a gel or liquid liner to create a wing. Combine with generous lashings of mascara for instant, party ready glam.

QUICK TIP

A really great makeup trick is to use eyeliner to fll in the tiny spaces between the upper eyelashes.
This lends an amazing frame to the eyes, making them look fuller and more defed.

Lash out!

Party up with fake lashes. They're flirty, playful and no amount of mascara can create the same amount of drama. If falsies aren't your thing, opt for an eyelash curler to create beautifully curled lashes that will define, dazzle and enhance your eyes.

Nailed it

Complete your party look with a slick of colour on your nails. From classic red to glittering festive glosses, applying nail polish is an easy way to jazz up any outfit.

Luscious lips

One of the easiest ways to acknowledge the glitz and glam of the party season is to add a pop of colour to your makeup. If heavy eye shadows aren't your thing, use a vibrant lip shade with a gloss or matte finish. Painted pouts are the ultimate pick-me-up and speak of grooming and attention to detail.

QUICK TIP

Our fave colours this season are beachy and bold – think fushias and corals.
Modern Metals Pop 'n' Slay

Be a highlight

One of the best ways to take your look from average to amazing is to strategically place highlighter on the high points of the face. Dab a small amount of product onto the tops of your cheekbones – working from the apple of each cheek up towards the hairline. This adds light, makes skin appear more hydrated and decreases the look of fine lines. It will create a gorgeous pearlescent glow that flawlessly reflects light from all angles.

Dusting a shimmer powder on your décolletage is another surefire way to get the party started. Apply it beneath the brow bone to lift the eye or add a touch of product to the eye's inner corner for a fresh, modern look.

Softly highlighted cheeks are always a winner. Using a fan brush, dust a powdered bronzer onto the cheeks before applying a shimmery cream or powder blush. Remember, creams can work in tandem with powders once the application remains light.

QUICK TIP

Dab a bit of shimmer on the top of your cheeks to instantly brighten and illuminate your face. Be sure to choose just one feature to accentuate so your highlighting stays subtle.

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SUBTLY SHARPENED

For soft sculpting on the go
try the Palette Contour Visage

Ready, SET...

A good loose powder will set your base gently without settling into fine lines. If you don't like the appearance of visible powder, try a translucent alternative. These colourless powders and can be used on any skin shade. Apply directly to the areas which attract shine – usually the forehead, nose and chin.

Correct & conceal

Use a colour corrector to address any redness or dark circles before applying a cream concealer to keep the area moisturised. Remember to use a patting rather than dragging motion when applying both corrector and concealer, and to be extra gentle with the delicate under-eye area. Don't be afraid to take your concealer over the top of your eyelid, as it will help cover up any veins and act as a great base for your eyeshadow.

Fine & defined

Use a brow powder or pencil to define your eyebrows and frame the eye. For a more sculpted look, apply bronzer to the crevice below the cheekbone then identify the apples of the cheeks using your blush of choice.

QUICK TIP:
Dab a band of concealer beneath the eyes – starting from the mid-face and taking it up towards the temples. The lighter colour will help lift the eyes and make your face pop

Prime time

Perfect party makeup always starts with a smooth canvas. Airbrush fine lines and pores with a primer to leave the skin with a soft, velvety finish. This will allow your foundation to glide on, creating a more even, radiant looking complexion. In addition to smoothing fine lines, pores and wrinkles, primer increases your foundation's staying power, ensuring you look fresh all night long.

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AUTO PILOT PRE-FOUNDATION SKIN PRIMER

Undercover

A quality foundation provides good coverage and helps conceal any blemishes, discolouration or uneven skin tone issues which may be keeping you from feeling your best. It's essential to buy foundation that is the right shade for your skin tone, so head over to a beauty counter and have a professional help you out. For a glowing look with ultimate staying power, opt for a base with a long-lasting, dewy finish.

When it comes to foundation, the application process is just as important as the product itself. Use a beauty blender or a stippling brush to carefully blend the foundation onto the face, down the neck and back towards the ears.

5 STEPS TO IMPROVE YOUR WELLBEING

THE BRAIN IS LIKE A MUSCLE – IF YOU DON'T GIVE IT A REGULAR WORKOUT, IT LOSES TONE. HERE ARE SOME TIPS TO HELP YOU BOOST YOUR MENTAL FITNESS AND WELLBEING.

1. EAT HEALTHY

A healthy, balanced diet is not only beneficial for physical health but it also has benefits for mental wellbeing. While it can stave off a range of illnesses including heart disease, diabetes and cancer, a healthy diet assists in providing a range of nutrients for your brain to stay healthy and function well.

Following a Mediterranean-style diet, which incorporates high consumption of beans, nuts, cereals, seeds, plant-based foods and fruits have, in a 2012 study, been proven to be beneficial for mental well-being. The diet is also low in saturated fat and includes moderate consumption of fish, poultry and dairy and low consumption of meats and sugary foods.

Furthermore, a 2013 study of almost 11,000 middle-aged women found that those who followed a Mediterranean diet not only lived longer than control participants, but they also exhibited better cognitive function and mental health.

In September 2014 a UK study was published in The BMJ Open suggesting that eating five portions of fruits and vegetables a day is good for mental wellbeing. The research found that out of 14,000 adults, 35.5 percent of participants who ate five or more portions of fruits and vegetables a day had good mental wellbeing, compared with 6.8 percent of participants who ate less than one portion a day.

The study was led by Dr Saverio Stranges of the University of Warwick Medical School, who said, 'These novel findings suggest that fruit and vegetable intake may play a potential role as a driver, not just of physical, but also of mental wellbeing in the general population.'

There are a number of foods and drinks that have been associated with poor mental health. The high intake of alcohol has been linked to anxiety and depression, with mental health experts recommending limiting alcohol intake.

2. REGULAR EXERCISE

Regular physical activity is an important key to help decrease depression and anxiety. The Department of Health recommends 150 to 300 minutes (2.5 to 5 hours) of moderate to intense physical activity or 75 to 150 minutes (1¼ to 2½ hours) of vigorous intensity physical activity each week (for adults 18-64 years).

However, exercise doesn't mean you have to spend hours in the gym or engage in long sessions on the treadmill to reap the mental health benefits of exercise. Research has found that joining an outdoor walking group may not only improve your daily positive emotions but may also contribute a non-pharmacological approach to serious conditions such as depression.

3.

GET MORE SLEEP

A lack of sleep can affect metabolism, reducing the rate at which we burn kilojoules. Chronic sleep deprivation has been linked to increased rates of obesity and diabetes, according to research at the UK's University of Warwick, which found that adults who get less than seven hours of sleep a night are twice as likely to become obese.

A 2014 study by researchers from the George Institute on Global Health in Australia, found that people who have less than 5 hours sleep a night might be at higher risk of mental illness. According to a study at the University of Michigan in the US, depression rates are 40 times higher for patients with insomnia and an extra hour of sleep does more for our happiness than a pay rise.

There are lots of things you can do to improve your chances of getting a good night's sleep. Going to bed and waking up at the same time every day (even at the weekends and during the holidays) as a routine can boost the body's sleep-wake cycle, promoting a better night's sleep.

Television, computers, tablets and phones all stimulate your brain, making it hard to relax, so it's recommended to switch them off in advance. It's also suggested to limit the intake of alcohol, caffeine and sugary foods in the evening.

A warm bath before bed or reading a book may help you fall into a bedtime ritual, which will tell the body that it's time to wind down.

4.

MANAGE STRESS

Stress seems to be an inevitable part of adulthood that most of us will experience at some point in our lives. It's been proven that whether it's through work, relationships or money problems, stress can make the brain more susceptible to mental illness.

However, there are ways in which we can reduce or manage stress to promote a sense of mindfulness and relaxation. Yoga and meditation are known to have many stress-reducing benefits and have been found to reduce the risk of anxiety and depression in expectant mothers.

Above all, retaining a positive outlook during difficult times may also reduce stress. It could be as simple as smiling. The journal of Psychological Science published a study in 2012, which found that smiling during stressful periods could lower the body's stress response, regardless of whether a person is feeling happy or sad.

The STATS BEHIND *mental* HEALTH

In each year around one in five will experience a mental illness

One in seven will experience depression in their lifetime

About 4% of people will experience a major depressive episode in a 12-month period, with 5% of women and 3% of men affected

Approximately 14% will be affected by an anxiety disorder in any 12-month period

Women are more likely than men to seek help for anxiety disorders (18% compared with 11%) and mood disorders (7.1% compared with 5.3%)

5.

FIND A HOBBY

While employment may cause stress, unemployment is linked with poor physical and mental health.

Being employed brings more than a way of earning a living; it provides a sense of identity and belonging, as well as offering structure to your life as you strive to meet goals.

According to the Mental Health Foundation, finding a hobby or taking up voluntary work may promote good mental health. Building relationships and having interaction with other people is rewarding and can significantly improve mental wellbeing.

Improving your mental health is a rewarding experience and should not limited to a New Year resolution – changes can be made at any time of the year. They help you handle life's challenges and recover from setback, boosting your mood and building your resilience.

It's important to remember that seeking help is a sign of strength, not a weakness. Receiving appropriate care from a professional can help encourage us to do things we may not be able to do on our own.

ANTI-AGEING BENEFITS OF

MEDITATION

HOW

An extensive variety of cutting edge beauty products and procedures are available today to make us look younger, and slow down or reverse visible signs of ageing. These products and procedures generally approach ageing from the outside-in, targeting external layers like skin appearance and texture. Many people see these as helpful, but are looking for something more.

There is a way of slowing down - and even reversing - the overall ageing process naturally, from the inside-out. It's a holistic approach that provides general and noticeable benefits - from skin elasticity and appearance, to physical and mental health and performance.

It's not new; it's not cutting edge; in fact it's quite ancient. The way to do this is through the regular practice of a meditation technique that produces a state of very deep rest for the mind and body.

WHY IS 'DEEP REST' SO IMPORTANT?

Doctors everywhere will tell you, and clinical studies confirm, that 80% of disease is caused by stress, and that stress absorption in the body is a major factor in ageing. Mental stress directly affects the immune system and all internal organs. This in turn affects our overall functioning and our appearance - our skin, our body.

The remedy for the toxic effect of stress in the body and mind is stress-release, which occurs when the mind and body are in a deep state of rest.

The rest you gain after a night's sleep is not enough, especially in these stressful times. A systematic approach to providing deep rest for the mind and body is needed to cause profound changes, and to slow down or reverse ageing effects.

HOW MEDITATION ASSISTS 'DEEP REST'

Now, you've probably heard of many different types of meditation. Some focus on maintaining specific types of mental activity or conscious awareness; but others involve going beyond, or transcending, thought and mental activity, in order to achieve a state of deep rest.

This state of deep rest is directly experienced and observable during meditation, through significantly reduced heart-rate, breathing and mental activity, and an acute calmness or "bliss."

The levels of rest attained through such transcending techniques cause the body to naturally release layers of stress that have been wreaking havoc on our physiological systems over time. During meditation, the body experiences an accelerated and accentuated stress-release, which with regular practice, leads to improvements in overall health, well-being, and a reduction of visible and internal symptoms of ageing.

The many and diverse benefits reported - all markers for longevity - include everything from enhanced cognitive ability, reaction times and athletic performance, to improved cardiovascular health, stabilisation of blood pressure, to higher energy levels and improved mood and outlook.
All these illustrate the general anti-ageing effect.

So, to put it simply - what is happening in the mind is happening in the body.

If the mind is experiencing deep levels of rest and deep contentedness regularly, that directly influences the functioning of our mental and physical health and therefore appearance, for the better.

A daily meditation practice also will delicately imprint calmness or bliss into the mind and body, so that we are not as negatively affected by stress when we encounter it.

Meditation can indeed slow the ageing process and make you look younger. And with the added benefits of reduced stress and greater inner contentedness, you will feel so happy that this will be the most important thing people will notice.

Meditation is easy yet profound. Start your meditation practice now. It will change your life.

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Tap on each edition to access

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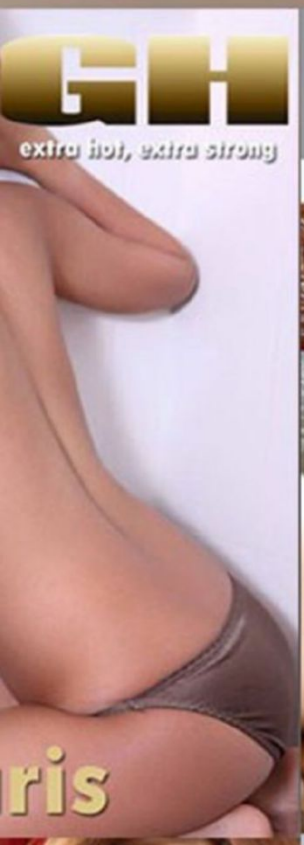

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Harness greater beauty

e out

NEED TO ESCAPE THE STRESSES OF EVERYDAY LIFE?

Sometimes we become so busy we barely stop to catch our breath. We are on an endless treadmill, balancing our personal life and career, working on our wellness and fitness goals, planning an adventure, learning a new hobby, as well as finding that vital time to reflect.

No wonder achieving life balance can be trickier than doing leg squats on a fit ball.

Yes, we ALL want to look our best selves – well rested and rejuvenated, toned and taut, gorgeous and glowing. But what if for all our focus on the gift wrap, we spent as much time and effort nourishing the priceless gift that lies within?

With our increasingly connected

lives and the pressure we put on ourselves to live the best life 24-7, it's no wonder meditation is the latest buzz word in how to stay truly zen while we juggle the many demands on our time.

However many people fear not being 'able to meditate' due to lack of time, too much else going on, or simply because they fall asleep after a few minutes.

But when we understand where brain science meets meditation practice – the scientific connection between our breath, the state of the brain and nervous system - then the need to meditate suddenly becomes real. It's like heading to the gym: after regular visits, our muscles build and

often neglect taking our brain to the gym as well.

'Why is this vital? When we are in Bondi, looking great with our new bikini body, if our inner critic rears its head, it can curtail our confidence. If you look great physically, but not feeling it mentally, then it will show. As we grow older, we must become more in tune with who we are and learn to love our body more and more.'

But if finding the time to push the reset button can be tricky, there's always the option of simply blocking out a weekend – to help set up new healthier habits and learn the art and science of meditation. A nature-based retreat, focusing on holistic health with a luxurious twist, could be THE perfect opportunity to journey into the New Year armed with a new meditation practice and ready to lead a calmer, less reactive and more connected life.

10 QUESTIONS TO ASK BEFORE YOU GET EYELASH EXTENSIONS

THERE'S MORE TO EYELASH EXTENSIONS THAN BOOKING AN APPOINTMENT AND WALKING OUT WITH BEYONCÉ'S SET OF MINKS. HERE'S EVERYTHING YOU NEED TO KNOW.

1. ARE YOU CERTIFIED, TRAINED AND LICENSED?

One of the most important things you need to look at is finding the right person to do your lash extensions. There are a lot of eyelash extension horror stories, so don't book an appointment without doing your research! If someone is going to poke around your eyeballs, you're going to want to make sure they're legit. Take a look at reviews and visit the salon directly to get a feel for the technicians and ask questions about their experience and expertise.

2. WHAT ADHESIVE DO YOU USE?

The adhesive is one of the most important factors in your application. If your lash artist can't understand or doesn't know the ingredients in the adhesive, this is not a good sign. Every educated lash artist should know what ingredients are in the adhesive they are using, and what they are used for. Glue should be formaldehyde-free and medical grade.

No makeup, no problem! Eyelash extensions are all the rage and can make you look ultra-glamorous, even on your laziest makeup days. However, like all the best things in life, quality counts. Here's what you need to ask a lash technician before putting your lashes in their hands.

3. WHERE DO YOU BUY YOUR PRODUCTS?

There are a lot of factors that determine if products are good quality or not. Ask to touch the lashes – they should feel soft, flexible and not stiff.

4. WHAT LOOK WILL SUIT ME?

Every individual is different and a good lash professional should evaluate the best look for you personally before applying the lashes. They should discuss length, thickness, number of lashes and the overall look with you.

5. CAN I SEE PHOTOS OF YOUR WORK?

Don't be afraid to ask to see photos of your professional's work! It'll give you an idea of what to expect with this artist. What should you look for? Well, lashes in the pictures should appear clean and neat. If you can see the glue in the pictures, this isn't a good sign. Likewise, if the lashes are twisted and going in different directions, or if they are clumpy and stuck together, they aren't placed properly.

6. WHAT IS THE PROPER AFTERCARE?

Your lash artist should be telling you to wash and brush the lashes daily, sleep on your back and avoid oil-based products. This will ensure lashes stay clean and fresh to avoid bacteria and residues. A lot of lash artists will tell clients not to wet or cleanse their lashes and this is false!

7. WILL MY NATURAL LASHES FALL OUT?

Not if the lash extensions are applied properly. Inexperienced technicians (beware of beauty salons who do not specialise in lashes!) are often apt
to apply lashes that are too heavy/ clumped together, which can result in damage to your natural lashes.

8. CAN I WEAR MASCARA IF I HAVE LASH EXTENSIONS?

Yes, but steer clear of waterproof mascara because it's harder to remove and can easily pull the extensions off. If you do use mascara, go lightly and just focus on the tips of the lashes. Using mascara at the base of the extensions will get very clumpy.

9. HOW OFTEN DO I NEED TO GET INFILLS?

Eyelash extensions can last as long as six weeks, as the eyelash extension generally lasts until the natural lash falls out in its natural cycle. However, all of your lashes are on a different growth cycle, and everyone sheds differently depending on their lifestyle. It's usually recommended to get your lashes filled every 2-4 weeks. How long your eyelash extensions last for depends, to some degree, on how well you take care of them!

10. HOW DO I REMOVE MY EYELASH EXTENSIONS WITHOUT LOSING MY NATURAL LASHES?

Absolutely never attempt to remove the lashes by yourself! This can go horribly wrong and will often result in you pulling out some of your natural lashes along with the extensions. If you would like to get the extensions removed, make an appointment with a professional as they have the right tools to remove them safely.

MAKE
Mascara
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FORGET PANDA EYES AND PRODUCT FALLOUT, IT'S TIME TO GIVE YOUR LASHES THE ATTENTION THEY DESERVE.

It's the one beauty staple no girl can live without, yet the next generation of mascara is anything but basic. Employing the best in lash lengthening, volumising and growth technologies, these innovative products will work a treat for anyone who's not quite ready to commit to a more durable form of lash enhancement.

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Non surgical
face fixers

THESE DAYS, MAINTAINING YOUR LOOKS HAS NEVER BEEN EASIER. WE BRING YOU THE ADVANCEMENTS, TECHNIQUES AND TRENDS OF MINIMALLY INVASIVE COSMETIC PROCEDURES.

The desire to refresh the face through subtle rejuvenation has made non-surgical cosmetic procedures a familiar part of today's beauty arsenal. This reflects a preference for less-invasive procedures, with shorter downtime and a lean towards the 'less in more' attitude.

If you're looking to turn back the clock, this guide will help you navigate your way around the number of treatment options available – which can be an overwhelming task.

It's important to read widely and research thoroughly before deciding to undergo any kind of cosmetic enhancement treatment, even if it doesn't involve surgery. Make sure it's for the right reasons and not in the impossible pursuit of perfection. It's not about just looking 'young'; it's about looking and feeling your best at any age. With apologies to Coco Chanel, nature gives you the face you have at 20, and it is up to you to merit the face you have at 50.

Whether it's non-surgical skin tightening, anti-wrinkle injections or fillers, the modern approach to cosmetic enhancement involves tailoring a procedure or combination of procedures to each patient's individual requirements and goals.

Skin needling

Skin needling is a treatment used to improve the appearance of wrinkles, scars, stretch marks and skin texture by creating tiny punctures in the skin to stimulate the skin's natural healing response. It is usually performed using a roller embedded with very fine needles that make multiple pinpoint puncture wounds in the dermis, stimulating the production of new collagen and elastin.

The dermal damage created leaves the epidermis primarily intact; so the healing period is rapid and there is no risk of permanent structural damage, sun sensitivity, skin colour loss or hyper-pigmentation. There is usually minimal discomfort and local anaesthetic cream is usually applied before the procedure.

After treatment, the skin is red and swollen for around one to two days, with a light graze-like scabbing effect forming over the treated area on day two of recovery. Most patients are able to return to work and normal activities within 48 hours of treatment.

Multiple treatments are usually necessary to achieve significant improvement this, it is suitable to treat sensitive areas such as the neck, backs of the hands and under the eyes, and can be safely carried out on all skin types and colours.

Peels

Peels are solutions applied to the surface of the skin to strip away the outermost layers, revealing the fresh new skin beneath. Used to treat a variety of skin conditions, peels can improve problems from dryness or skin dullness to acne, rosacea and pigmentation. Ingredients range from naturally occurring chemicals and herbal extracts to synthetic chemicals, and their effects range from mildly brightening to aggressive resurfacing.

Depending on the strength, peels can be administered by dermatologists, cosmetic practitioners and skincare professionals, and are recommended as a course of treatments.

Sydney dermatologist Dr Phillip Artemi says, "Peels are now so refined, the classification is no longer just light, medium or deep. There are peels specifically to treat every different skin complaint and skin type."

NATURAL PEELS

Alpha hydroxy acid (AHA) peels are the mildest option, available in salon treatments and can be used on most skin types. They use lactic, fruit or glycolic acids to treat dryness and improve skin texture.

Beta hydroxy acid (BHA) peels use salicylic acid to speed the skin cell shedding process and improve blemished skin.

CHEMICAL PEELS

Chemical peels are higher strength solutions that use different grades of acid to strip the skin of dead skin cells and promote the production of collagen and elastin in the skin. These chemicals – ranging from alpha hydroxy, kojic and salicylic acids to Trichloroacetic acid and phenol – also vary in their depth of penetration, causing them to directly target specific concerns. Typically, the stronger the strength of the peel, the deeper the penetration and the more severe the post-treatment side effects.

The treatments usually cause stinging during application and various degrees of flaking after treatment - from fine flaking to sheeting, as the new layers of skin start to form. Chemical peels can be quite aggressive; so skin analysis during consultation is required to decide which peel is most suitable and whether any allergic reactions will occur.

Dryness, redness and peeling - which feels similar to sunburn – can be expected for up to a week after most peels. It is imperative the peeling skin is not picked at or rubbed, as it may cause scarring. Makeup may be worn to cover this, depending on the practitioner's instructions

Enhancing what nature
has given you, Replenishing
what time has taken away

That Knife-Free Life

2019

IF THE 2019 BEAUTY SCENE IS TO BE DEFINED BY ANY ONE TERM, IT HAS TO BE 'DIVERSITY'

Enhancement

Moving forward

By adopting a more tailored approach to cosmetic enhancement, practitioners can highlight existing facial assets while correcting those less desirable elements of the skin. This method produces more authentic looking results and preserves the attractive qualities of each individual client. Rather than reconstructing or replacing the face you have with features better suited to someone else, you can now choose from a range of non-surgical treatments which will bring the best version of you to the fore. Such procedures are less physically and financially draining than the surgical alternative, but are still powerful enough to produce real results. 'The future of the cosmetics industry will be focused on improving current techniques and trying to impress upon patients realistic expectations,'.

Pump up the volume

While both traditional facelifts and non-surgical thread lifts effectively improve sagging skin, they are not designed to restore volume or boost the skin's texture. Temporary, semi-permanent or permanent fillers can be used to address compressed cheeks, hollows beneath the eyes and the lines which form around the mouth. 'It is important to remember that fillers are not just a treatment for wrinkles and lines'. When placed correctly, they can create more youthful looking contours.'

Get that glow

'Each person has a natural beauty,' says the senior cosmetic surgeon. 'At our clinic, we look to enhance that beauty. Not necessarily change it, but enhance. With ageing, the overall facial balance is changed. In order to achieve the best results, it is necessary to restore each of the elements which create facial balance using a different approach for each area.'

The new **beauty protocol**

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BRAZILIAN BUTT LIFT

what's going wrong?

THE BRAZILIAN BUTT LIFT – IS IT A CASE OF BEAUTIFUL VIEW, DANGEROUS CURVES?

CELEBRITY BUTTS

SO, WHAT'S INVOLVED?

The 'Brazilian butt lift' specifically involves adding fat by grafting or injection. The patient undergoes liposuction to remove fat from their abdomen, hips and thighs which is then specially processed and re-implanted into the buttocks. Conversely, a regular buttock lift reduces the volume of the buttocks by removing excess skin and fat from the region. The procedure is commonly performed on people who have lost a significant amount of weight.

There's no denying that it's the year of the rear. From social media influencers and celeb bottom icons, Kim Kardashian, Jennifer Lopez and Nicki Minaj, the butt is back in a big way.

The number of Australian women having fat removed from other body parts and injected into their buttocks via a procedure – known as the 'Brazilian Butt Lift' (BBL) – has increased an estimated 26 per cent between 2015 and 2016. It's among the fastest growing aesthetic procedures in the United States and increasingly popular around the world.

However, it doesn't come without risks. Significantly higher complications appear to be associated with BBLs than with any other aesthetic surgical procedure and recent deaths have sparked an investigation.

Amid these worrying reports, the US Aesthetic Surgery Education and Research Foundation (ASERF) formed a Task Force (of 11 surgeons, pathologists and statisticians) to investigate these risks and protect patients globally. ASERF issued a questionnaire to plastic surgeons worldwide inquiring about technical details that might impact the risk.

Higher death rate

'Despite the growing popularity of gluteal fat grafting, significantly higher mortality rates appear to be associated with gluteal fat grafting than with any other aesthetic surgical procedure.'

The gluteal anatomy is unique by having large veins that drain directly into the largest vein in the body. The cannula (a tube inserted into the body) used for injection damages the wall of a vein and the fat injected near the vein can enter the vein. If fat enters those veins, it gets carried directly to the heart and lungs. This complication can be fatal.

Why the INCREASE?

The US ASERF reported the demand for the procedure 'has increased dramatically over the last five years'. According to statistics from the American Society for Aesthetic Plastic Surgery (ASAPS), 'core physicians' (plastic surgeons, dermatologists and facial plastic surgeons) performed a whopping 18,487 of these procedures in 2015 compared to 7,382 in 2011. In addition, 'as many as 25 per cent more are performed by non-core physicians' – resulting in more than 23,000 procedures performed in the US last year.

The popular consumer website RealSelf.com reported that in 2015 there were 7.2 million visits to buttock augmentation pages – a 32 per cent increase from 2014. (This number of visits was exceeded only by enquiries into breast augmentation.)

However, there have also been increasing reports about the potential risks involved – highlighted by international headlines which accompanied incidents such as the death of high-profile former Miss Argentina, Solange Magnano, at age 38, three days after surgery 'following complications from a gluteoplasty procedure to enlarge her buttocks'.

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With INDIA's warm and sunny climate, many of us are intrinsically drawn to lying in the sun – but be warned. According to the Department of Health and Ageing, approximately two in three Indians will be diagnosed with skin cancer before the age of 70.

One of the best ways to protect yourself against the sun's harmful rays is by using a sunscreen. But it's important to know the differences in how they work, in order to choose the best option for your skin.

ORGANIC VS INORGANIC SUNSCREENS

Inorganic sunscreens, also known as 'mineral' or 'physical' sunscreens, work by reflecting or scattering UV rays and radiation. Some sunscreens combine both organic and inorganic components. Two types of inorganic sunscreens available are zinc oxide and titanium dioxide. Both provide broad-spectrum UVA and UVB protection and are gentle enough for everyday use. Zinc oxide is especially useful for people with sensitive skin, as it rarely causes skin irritation.

Organic, or 'chemical', sunscreens are composed of several active ingredients because no single chemical ingredient blocks the entire UV spectrum (unlike inorganic spectrum). Instead, most chemicals only block a narrow region of the UV spectrum – the majority of chemical agents used in sunscreens work in the UVB region, but only a few chemicals block UVA rays.

The choice between organic and chemical is a personal preference and may depend on your usage and skin type.

Don't forget your lips!

Don't forget to protect your lips from the sun! Using a sunscreen on your lips protects you in two ways. First, because the sun ages skin (lips included), the sunscreen keeps your lips feeling and looking healthy and vibrant. Second, skipping the sun protection in your lip products puts you at an increased risk of getting skin cancer or another skin condition.

SPF 50+

Despite having the highest rates of melanoma in the world, Australians have been slow to adopt the heightened protection offered by SPF 50+ sunscreen.

According to the Department of Health and Ageing, Australians are four times more likely to develop a skin cancer than any other form of cancer. So why has it taken so long to introduce these higher levels of protection to our shores?

The concern has always been that people will think, by using a sunscreen labelled SPF 50, they can either use less of it or won't have to apply it as often. And while an increase from 30 to 50 sounds like a lot, in reality the extra protection offered by SPF 50 isn't nearly as significant. Add to this the fact the average person puts on between 25 and 50 per cent less sunscreen than the recommended amount, and you can see why the authorities may have urged caution over introducing what merely appears to be a significantly more effective level of protection.

THE PROPER USE OF SUNSCREENS

The use of sunscreen is an important preventative measure to help reduce the risk of developing skin cancer and premature skin ageing. Skin is susceptible to attack by the sun, resulting in the destruction of collagen and elastin structure, and more seriously the damage to cells' DNA leading to possible cancer formation.

No matter what level of protection you choose, therefore, the best advice is to use your sunscreen properly.

Sunscreen should be distributed liberally enough to all sun-exposed areas that it forms a film when initially applied. If you're not using this much — about half a 100g tube (every time you put sunscreen on your whole body) — you're probably not getting enough protection from UV.

Generally a person about 175cm tall and weighing about 82.5kg will require approximately 40g – almost half a typical 100g tube – of sunscreen to cover their body to the same level as is specified in the Australian Standard test procedure.

Applying this amount means you are using the effective level as stated on the label. Using less means you are not getting the SPF stated on the label.

The key is to reapply the sunscreen at regular intervals to ensure an adequate film is maintained; but remember, using sunscreen is a filter only.

Even when a SPF 30 sunscreen is reapplied regularly, if the intensity of the UV radiation is high enough and if the skin is exposed for long enough, invisible damage, or even sunburn, could occur. Reapplication of the sunscreen does not remove the damage that has already been caused by the transmitted radiation.

Remember the sunscreen should be applied 15-30 minutes before going into the sun and it should be reapplied 15-30 minutes before entering the water. This time allows the water in the product to evaporate and the waterproof sunscreen film to properly form on the skin surface.

What is SPF?

Sunscreens are merely filters, and all of them will let some UV radiation through at varying rates – indicated by the Sun Protection Factor (SPF) rating. The level of SPF given to each sunscreen is measured using a complex mathematical equation, and refers to the amount of ultraviolet radiation required to cause sunburn with the sunscreen on, as a multiple of the amount required without the sunscreen.

The protection given to individuals by a certain level of sunscreen will vary depending on:

- The amount applied
- The frequency of application
- The skin type of the user
- Immersion in moisture through swimming or extensive sweating
- Amount of sunscreen absorbed by the skin

Help, I'VE SLIPPED UP!

Nobody's perfect and sunburn can happen. What do you do? The damage has (regretfully) been done long term, and it can take several hours for it to manifest itself on your skin's surface. So at the first sign, move out of the sun and apply on your skin to soothe itchiness and prevent the dreaded peeling process.

TOP 10 LIFE-CHANGING TRAVEL EXPERIENCES

THERE ARE SOME TRAVEL EXPERIENCES THAT ARE GUARANTEED TO GIVE YOU A NEW APPRECIATION OF PLANET EARTH. LIFE-CHANGING TRAVEL EXPERIENCES.

1. Visit the temples of Bagan, Myanmar (Burma)

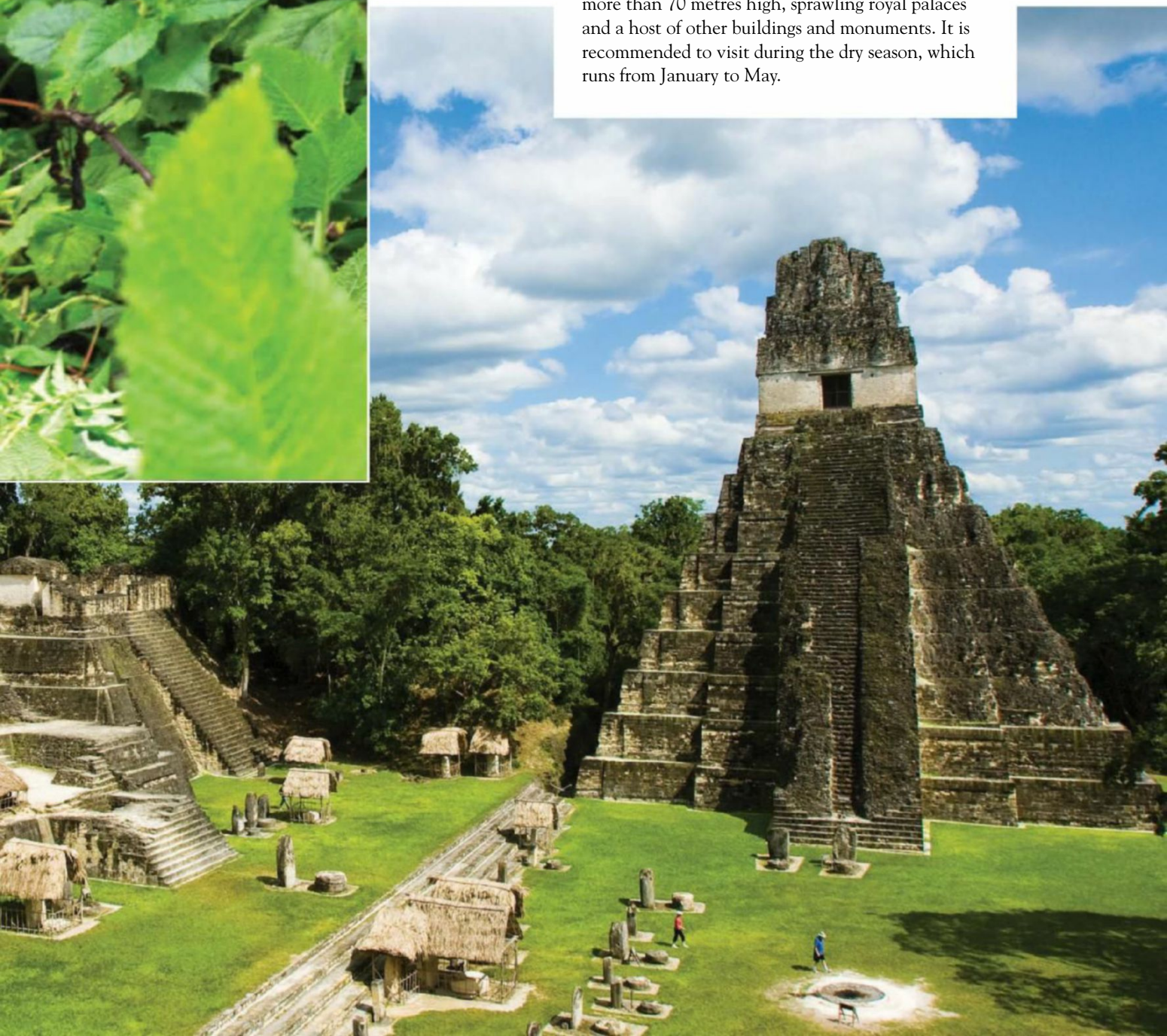
Get in now before the hordes arrive. Myanmar is quickly becoming a tourist hotspot now that the US has re-established diplomatic relations with the newly civilian government and the National League for Democracy has dropped its long-standing travel boycott. Nestled away in upper Myanmar, Bagan is the former centre of the Kingdom of Pagan. While it is estimated that in excess of 10,000 temples and pagodas were constructed at the site, a remarkable 2,200 still stand in what is the densest and largest concentration of Buddhist ruins in the world. To make the most of your experience, why not take to the sky in a hot air balloon to soak in the sheer scale of this impressive site. Bagan can be experienced year round, thanks to its dry climate.

2. Meet mountain gorillas in Rwanda

Rwanda's animal kingdom promises to leave even the most seasoned traveller in awe, and Rwanda's mountain gorilla is an essential must-see. With less than 900 left in the wild, these magnificent beasts can be found in either the Virunga volcanic mountains or the Bwindi Impenetrable National Park at an altitude range of 2,200-4,300 metres. Rwanda's strict conservation laws mean only 50 travellers can get in the midst of the gorillas at a time, making it more likely to spot one of these gentle giants. The gorillas can be visited year round, regardless of season.

3. Admire the Mayan ruins of Tikal, Guatemala

Once the glittering jewel at the centre of the Mayan empire, Tikal was consumed by the jungle and lost for nearly three centuries. Today, the site's secrets have been once again revealed, and travellers from around the world can now witness first-hand some of the largest and most impressive ancient structures in South America. Tikal's Great Plaza includes temples more than 70 metres high, sprawling royal palaces and a host of other buildings and monuments. It is recommended to visit during the dry season, which runs from January to May.



4.

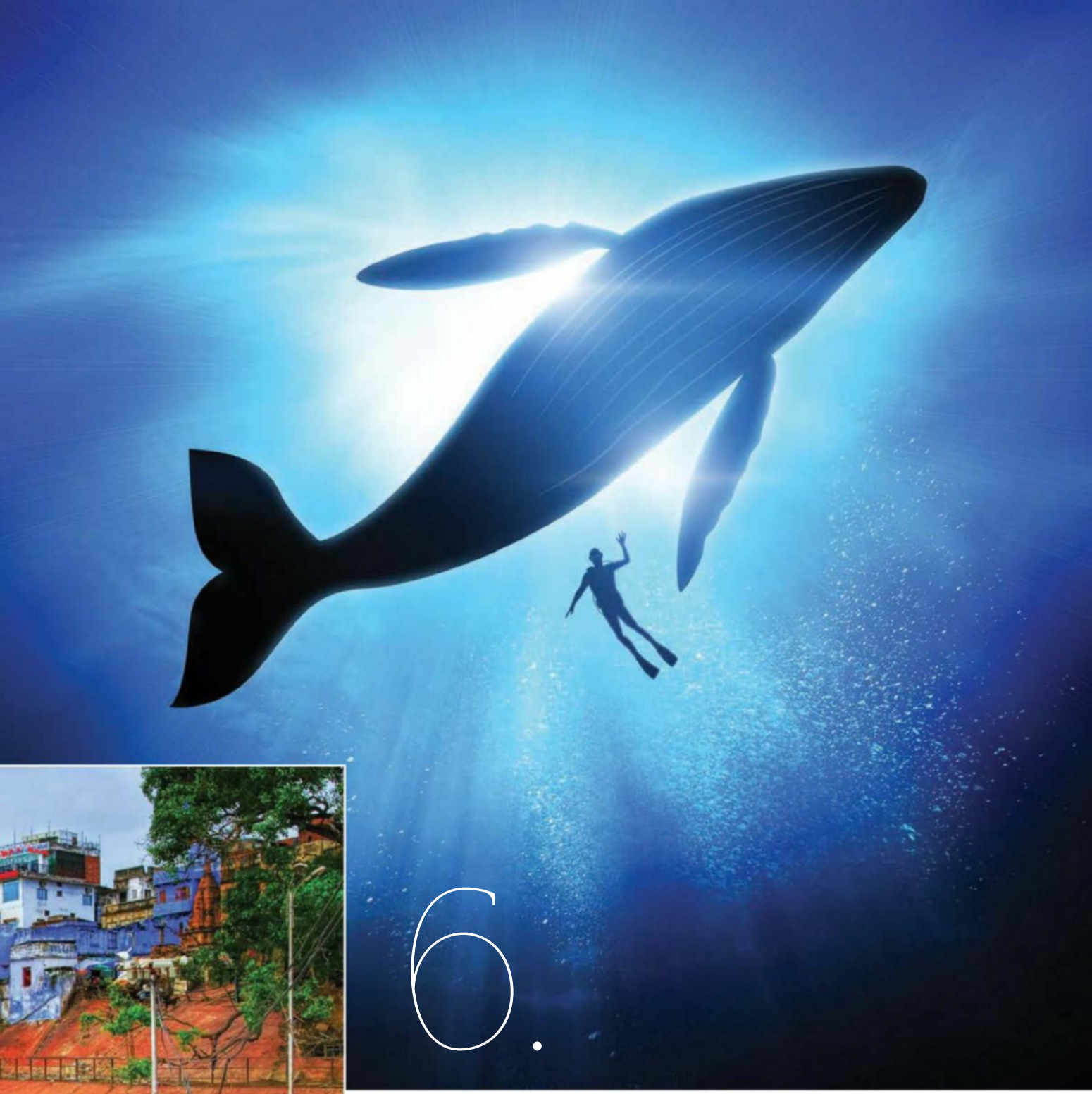
Witness the northern lights in Svalbard, Norway

It's a long way from Australia, but the incredible phenomena of the northern lights is well worth the trip. Witness nature's very own light show from Svalbard, a stunning Arctic archipelago where mountains meet massive glaciers. After you've caught a glimpse of the aurora, there's an abundance of things to do in this winter wonderland, but spending a few days spotting Svalbard's incredible wildlife is highly recommended. If you're lucky you might even be able to see a few polar bears in their natural habitat. The lights are most easily spotted between September and March.

5.

Find yourself on the Ganges, India

Take a journey to Varanasi, the holiest city in India, and witness tens of thousands of people descending the ghats to take a cleansing dip in the sacred river each day. Make sure you take some time to sail down the river and find yourself at one of the many meditation camps along the banks. The best time to experience Varanasi is from November to March.



6.

Swim with humpback whales in Tonga

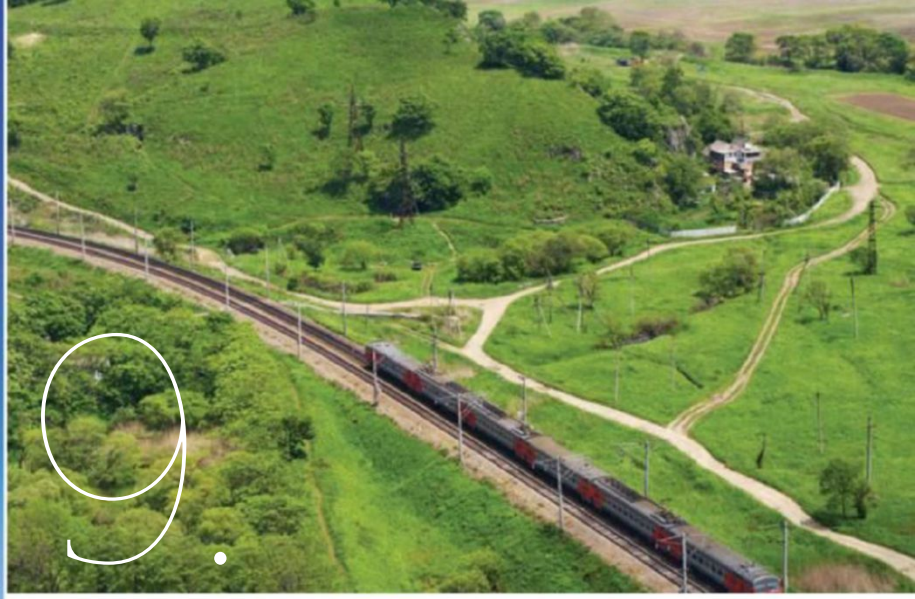
Once hunted to the brink of extinction, a first-hand encounter with a 36,000kg humpback whale is guaranteed to power up the endorphins. Tonga is one of the only places in the world where you can swim with these majestic mammals. These Southern Hemisphere humpbacks are said to migrate up to 25,000km from their feeding grounds in the Antarctic to the tropical waters of Tonga to mate and give birth. The best time to travel is between August and October.

7. Climb Kilimanjaro in Tanzania

Stretch your legs with a trek up Mount Kilimanjaro. The world's highest walkable peak offers tough travellers an opportunity to traverse 80km of mountain, five different climatic zones and some truly amazing scenery all in the course of a few days. These treks are best experienced in January to mid-March or from June to October, however the most popular time for climbing is in December.

8. Witness the Great Migration in Kenya

Known as The Great Migration, this annual event sees millions of wildebeest, zebra and gazelles journey from the plains of the Serengeti to the hills of Masai Mara. Gaze in awe as the herds brave rivers, ravines and other wildlife on their life-or-death trek towards greener pastures. The best time to catch the action is between July and October.



9. Ride the Trans-Siberian Railway through Mother Russia

Once hailed as 'the fairest jewel in the crown of the Tsars', a journey on the Trans-Siberian Railway is one of life's great travel experiences. Sit back and watch the landscape slip by as you make the 9,288km trek through eight time zones from Moscow to Vladivostok on the Trans-Siberian Railway. Travel at your own pace through some of the most rugged and awe-inspiring terrain the planet has to offer. If you're after even more you can opt to then transfer to the Trans-Mongolian, which visits Beijing and Ulaanbataar, or select from a raft of other options and destinations.

10. White water rafting in Nepal

Home to the highest peaks in the world, Nepal has always been a mecca for mountain climbers. But what goes up must come down. Adventure junkies will be treated to an outstanding selection of snow-fed rivers, which range from PG-related fun to raging torrents. For ultimate bragging rights take a ride along the monster Sun Kosi rapids that start near the Tibetan border. The best months to take a plunge are October and November. Avoid the monsoon season from June to August.

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SPOTLIGHT ON

IT'S TIME TO UNDERSTAND WHAT'S HAPPENING UNDER THE COVERS. ABOUT WHAT TRIGGERS SEXUAL DYSFUNCTION.

sexual dysfunction

While it's been reported that nearly half of all women have some sort of problem with their sex lives, it's a topic many people don't know much about, or are embarrassed to discuss.

With the effects of pregnancy, childbirth and ageing, many women can suffer from issues with their sex lives that make them feel self-conscious and unhappy, often affecting relationships with sexual partners.

'Female sexual dysfunction is complex and can be a result of hormonal, psychological, psychiatric, physical, neurological, environmental and social causes'

'Most cases of sexual dysfunction are treatable. So it's important to keep in mind that dysfunction does not always imply abnormality and affected women should seek help'.

SO, WHAT CAUSES SEXUAL DYSFUNCTION?

There are pivotal times in a woman's life that influence sexual function and vaginal competency. Studies have shown the prevalence of sexual dysfunction is high during pregnancy and reaches higher levels in the third trimester.

There is also a significant decrease in sexual function after childbirth and during menopause.

'The effect of pregnancy on a woman's life is variable: some women's libido increases, some decreases, some remain unaltered'.

'Further to this, fear of damaging the developing baby may prevent sexual activity (in most cases there is no evidence to support this). A history of early pregnancy failure may lead to advice to restrict sexual activity in the first and sometimes second trimester of pregnancy. A finding of a low lying placenta or bleeding during pregnancy may also be an indication to cease sexual intercourse during the pregnancy'.

'Massive hormonal changes take place in the first trimester (30 per cent increase in circulating blood volume, 40 per cent increase in blood products). There is also an increase in hormones such as progesterone and relaxin which causes softening and relaxation of muscle and connective tissue. Some of these changes will not be reversed after pregnancy is complete' .

A 2015 study published in the Journal of Sexual

Medicine, found more than 60 per cent of women suffer from sexual dysfunction after childbirth. This includes the inability to orgasm, pain during sexual activity, or a general lack of interest.

The study found sexual dysfunction could lead to overall relationship dissatisfaction, as well as post-natal depression. The research also showed 88 per cent of women did not consult healthcare professionals about the issue, due to shyness or embarrassment.

'Childbirth is the major factor in causing damage to the female pelvic floor. Injury from forceps, ventouse, spontaneous vaginal delivery, or caesarean section, can all result in vaginal tears, tears to the introitus (entrance to vagina) and labial tears. The disruption of connective tissues (muscles/ligaments/ fascia) results in reduced tissue elasticity and avulsion of tissues from their origins'.

'There is some significant restitution (healing with tissue going back towards normal) after childbirth. However some of the spontaneous healing involves formation of scar tissue, which is inherently weaker and less elastic than the original tissue. Symptoms can occur immediately after delivery but often present some years later. Further pregnancies and deliveries can result in marked worsening of symptoms.'

“Sexual dysfunction could lead to overall relationship dissatisfaction”

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Damage to the pelvic floor can result in pain during intercourse, reduced sensation during intercourse, both pain and reduced sensation and reduced ability to achieve orgasm.

These causes co-exist – for example, painful intercourse may result in a fear of intercourse, resulting in psychological sequelae. Hormonal changes from menopause can result in loss of libido or physical alterations of the vaginal epithelium, which can result in difficult or painful intercourse.

REALISE

10 MAKEUP HACKS EVERY GIRL SHOULD KNOW

THERE ARE ALL KINDS OF LITTLE TRICKS AND TIPS OUT THERE TO MAKE APPLYING COSMETICS EASIER AND WE WANT TO SHARE SOME OF THEM!

Make sure your look is always on fleek, no matter where you're going, with these life changing makeup hacks that will have you wondering how you ever lived without them.

1.

TURN YOUR PENCIL EYELINER INTO GEL EYELINER

Put that wallet away! You can turn pencil eyeliner into a gel formula with the help of a match or lighter. Simply hold your kohl eye pencil under the flame for one second, let it cool down for 15 seconds and voila! Glide on your new gel eyeliner for an intense smudge. It goes without saying, make sure the eyeliner is cool before you apply it to your eye!

2.

COVER YOUR EYELID WITH WHITE LINER TO MAKE ANY EYESHADOW POP

Make your eyeshadow appear more colourful by running a white eye pencil over your entire lid. This will immediately intensify any eyeshadow shade and make it pop.

3.

USE A SPOON TO CREATE THE PERFECT WINGED EYELINER

Winged eyeliner is the bane of every girl's existence. It can take a hundred attempts and it can still look uneven. Who would have thought a spoon would be your new best friend? Hold the stem of the spoon against the outer corner of your eye and draw a straight line. Flip the spoon so it's hugging your eyelid, and use the rounder outer edge to create a perfect cat-eye.

4.

DUST TRANSLUCENT POWDER IN BETWEEN COATING MASCARA TO PLUMP UP YOUR LASHES

Get ready to bat those long, luscious lashes with a sweep of powder in between your mascara application. Move over eyelash extensions!

5.

CONCEAL DARK CIRCLES BY CREATING AN UPSIDE DOWN TRIANGLE UNDER YOUR EYE

Dotting is so last year! The best way to apply under-eye concealer is to apply it in a triangular formation with the base of the triangle under your lash line. This helps create the illusion that your face is lifted, as the brightest point is the most intense under your eye.

7.

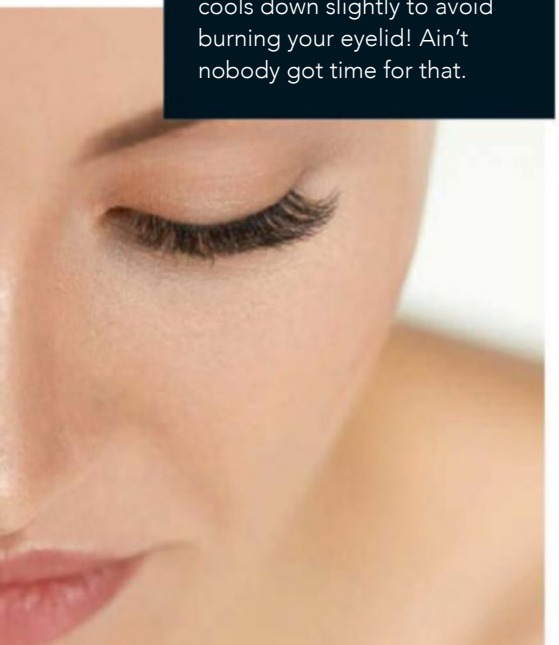
MAKE CONTOURING NATURAL BY USING A BRUSH TO FIND YOUR CHEEKBONE

Contouring can be difficult. The easiest way to approach it is to use your eyeliner pencil, or even makeup brush handle, and place it directly below your cheekbone to get the right angle.

6.

WARM YOUR EYELASH CURLER WITH A HAIRDRYER SO YOUR LASHES CURL EASIER

Forget the fake lashes; blow some hot air on your eyelash curler to help your lashes curl easier (the same way as a curling iron). Make sure you wait until your eyelash curler cools down slightly to avoid burning your eyelid! Ain't nobody got time for that.



8.

DRAW A HASHTAG ON THE OUTER CORNER OF YOUR EYELID TO CREATE THE PERFECT SMOKY EYE

With your eyeliner, draw a slanted hashtag at the corner of each eye. Blend it in with the rest of your eye makeup. Ta-dah! A perfect smoky eye without a lot of work. #Winning.

9.

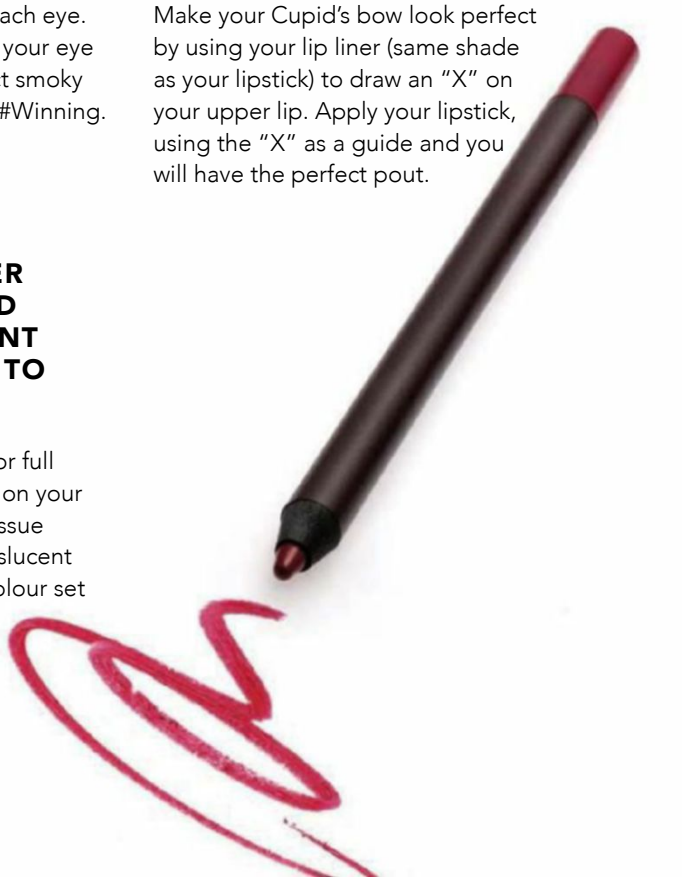
LAY A TISSUE OVER YOUR MOUTH AND DUST TRANSLUCENT POWDER OVER IT TO SET THE COLOUR

An oldie, but a goodie! For full long-lasting colour, swipe on your lip shade and then lay a tissue across your lips. Dust translucent powder on to make the colour set so it lasts longer.

10.

CREATE THE PERFECT CUPID'S BOW BY MARKING AN "X" ON YOUR UPPER LIP

Make your Cupid's bow look perfect by using your lip liner (same shade as your lipstick) to draw an "X" on your upper lip. Apply your lipstick, using the "X" as a guide and you will have the perfect pout.



Could
this be
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DNA CHANGES

Our DNA changes as we get older. For example, structures that cap the ends of our chromosomes (which carry our genes) called telomeres shorten with old age or stress. This results in physiological changes in the body, which increases the risk of the major conditions and diseases of ageing: cardiovascular disease, diabetes, cancer, a weakened immune system and more.

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